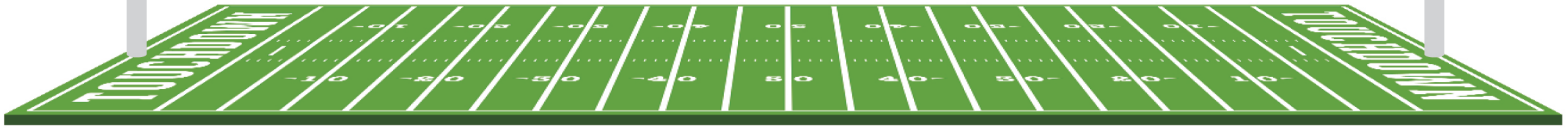


TACKLE THE SOURCE OF YOUR CRAVINGS

Football season means eating chicken wings, watching the game with your friends and resisting tobacco temptations while you're trying to quit. Bench those cravings and quit tobacco for good with these tips.



STAY FOCUSED ON THE GAME

When your friends head outside for a post-touchdown tobacco break, keep the excitement alive with your crew inside. Plus, you won't miss that game-winning play.



HAVE YOUR TEAM HELP YOU STAY ACCOUNTABLE

Create a buddy system. Tell your friends and family that you're quitting and you need them to help you stay on track. If you know someone else who wants to quit, ask him or her to be your quit buddy.



WORK WITH A QUIT COACH

The more support you have, the better. By enrolling in the FREE Quitline Iowa program, you'll get all the encouragement and resources you need to kick your addiction. Plus, you may be eligible for free Nicotine Replacement Therapy.

VISIT QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR HELP QUITTING.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669